

**Recipe Name:** Nepalese Style Dhal Bhat Recipe  
**Diet Type:**  
**Course:** Lunch  
**Cuisine:** Nepalese  
**Quantity:** 1 bowl



## Ingredients

| Ingredient                                    | Quantity |
|-----------------------------------------------|----------|
| • 2 cups Yellow Moong Dal (Split)             | 4        |
| • 1 Onion - chopped                           |          |
| • 1/4 teaspoon Turmeric powder (Haldi)        |          |
| • 2 sprig Coriander (Dhania) Leaves - chopped |          |
| • Salt - to taste                             |          |
| • 1 inch Cinnamon Stick (Dalchini)            |          |
| • 2 Cardamom Powder (Elaichi)                 |          |
| • 4 Cloves (Laung)                            |          |
| • 2 Dry Red Chillies                          |          |
| • 1 teaspoon Whole Black Peppercorns          |          |
| • 1 teaspoon Cumin seeds (Jeera)              |          |

## Preparation

- To begin making the Nepalese Style Dhal Bhat Recipe, we will first boil the dal with water, turmeric powder and salt for about 4 whistles until it is soft and mushy.
- Next grind all the whole spices (ingredients in masala to grind) in a mixer to a smooth powder, you can also add a little water if the little quantity does not grind well in a mixer.
- Heat a kadai with oil, add onion that are chopped and saute well till they turn translucent.
- Add in ground spices and cook for some time.
- Once done add boiled dal and salt keep stirring.
- You can start mashing the dal and cook in low heat until the raw smell goes away.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 350             | 12          | 60        | 5       | 10        | 2         |